



DietPsyche

Making life a healthy habit

60 Hume Street Norman Park

Lose Weight Forever... With our Amazing Offer!

Most of us KNOW what to eat & how to exercise BUT... lack the motivation, discipline & focus to translate our desire for weight loss into reality! We teach you how to turn your weight loss hopes into long-term change. Make your life a healthy habit now!

DietPsyche combines Diet, Psychology & Exercise with innovative strategies to combat weight loss. This effective & efficient program offers weekly walking groups and email consultations, as well as individual & group sessions.

GETTING STARTED...

“Getting Started”, is a seven session kick off to becoming a healthier & more positive you! Reconnect with your motivations for weight loss & health change, learn basic strategies, & develop your commitment & focus.

CHOOSE YOUR OPTION...

The program can be delivered in **group & individual** sessions. Weekly group sessions start on **Thursday 13th March at 5.30 pm** & will be run by Jeanelle over 7 weeks. Individual sessions are available at any time with our DietPsyche consultants.

RECEIVE A REBATE...

All DietPsyche consultants are registered psychologists, and thus Medicare and private health rebates apply. Talk to our friendly client managers about how much you can save!

INVEST IN YOURSELF...

Option	Weekly Session Price	Weekly Email Consults	Total Price <i>(inc. workbook)</i>	SPECIAL OFFER!	YOU SAVE...
Group Program (1 hour)	\$50	\$62.50	\$832.50	\$335	\$497.50
Individual Sessions (30 mins)	\$80	\$62.50	\$1042.50	\$515	\$527.50
Individual Sessions (1 hour)	\$140	\$62.50	\$972.50	\$455	\$517.50
Reduced Rate (30 mins)	\$40	\$62.50	\$762.50	\$275	\$487.50

CALL OUR CLIENT MANAGERS ON (07) 3393 1388 & COMMIT TO A HEALTHIER YOU.